Listing of claims:

1. (Currently Amended) A sports and training helmet, ~~communications device for use in sporting activities, student coaching and other related activities, the device~~ comprising:[[,]]

an audio speaker integrated into an interior of the helmet;

a microphone;

a power source; and

a self-contained waterproof unit, enclosing electronic elements comprising:

an electronic control device including an on/off control, a volume control and a channel selector control;

[[-]]a radio signal transceiver ~~receiver and an associated power source~~ constructed and arranged to transmit and receive radio signals ~~from a transmission source~~ and convert the received radio signals into an audible[[io]] sound ~~signal~~ reproduced by ~~on at least one~~ the audio speaker[[,]]; and

a radio signal transceiver antenna.

[[-]]~~the radio receiver being enclosed within a helmet to form a self-contained unit whereby the ingress of undesirable contaminants into the receiver is prevented, wherein the helmet is wearable by a user to allow the user to receive the audio signals, whilst affording the user at least some protection from injury.~~

2. (Currently Amended) The sports and training helmet of ~~A device in accordance with~~ Claim 1, wherein the ~~radio receiver is~~ self-contained waterproof unit is coated ~~enclosed~~ in at least one material selected from a group consisting of: [[a]] plastics, resin and foam-like substance.

3. (Currently Amended) The sports and training helmet of ~~A device in accordance with~~ Claim 1, wherein the power source is a rechargeable battery ~~which is enclosed within the self-contained unit~~.

4. (Cancelled)

5. (Currently Amened) The sports and training helmet of ~~A device in accordance with~~ Claim 1 [[4]], wherein the electronic control device comprises at least one magnetic switch that is toggled

~~radio receiver controls are operated~~ by ~~the~~ application of a[[n]] ~~appropriate electro~~magnetic field.

6. (Currently Amended) The sports and training helmet of ~~A device in accordance with~~ Claim 1 [[4]], wherein the electronic control device is ~~radio receiver controls are~~ operated by ~~the use of~~ at least one communication type selected from a group consisting of: infra-red communication ~~signals~~ and radio communication. ~~signals or the application of a magnetic field.~~

7. (Currently Amended) The sports and training helmet of ~~A device in accordance with~~ Claim 1, wherein the self-contained waterproof unit ~~radio signal receiver~~ is located at a rear portion of the helmet.

8. (Currently Amended) The sports and training helmet of ~~A device in accordance with~~ Claim 1, where in the radio signal[[s]] transceiver transmits the radio signals ~~are transmitted~~ in ~~the~~ a UHF frequency band.

9. (Currently Amended) The sports and training helmet of ~~A device in accordance with~~ Claim 1 [[8]], wherein the power source comprises a rechargeable power source that is recharged by magnetic induction.

10. (Cancelled)

11. (Currently Amended) The sports and training helmet of ~~A device in accordance with~~ Claim 1 [[10]], wherein the microphone is waterproof, such that the ~~further including a~~ microphone is capable of capturing audio signals in a wet environment. ~~which are provided to the radio transmitter for transmission to the transmission source.~~

12. (Cancelled)

13. (New) The sports and training helmet of claim 5, wherein the at least one magnetic switch is a reed switch.

14. (New) The sports and training helmet of claim 5, wherein the at least one magnetic switch is a hall effect sensor.

15. (New) The sports and training helmet of claim 1, wherein the self-contained waterproof unit is encased in a block of resin.

16. (New) A sports and training communication system, comprising:

a transmission source constructed and arranged to transmit and receive radio signals; and

a first helmet configured to communicate with the transmission source, the helmet comprising:

an audio speaker integrated into an interior of the helmet;

a microphone;

a power source;

an electronic control device including an on/off control, a volume control and a channel selector control;

a radio signal transceiver constructed and arranged to transmit and receive radio signals to and from the transmission source and convert the received radio signals into an audible sound reproduced by the audio speaker; and

a radio signal transceiver antenna, wherein the radio signal transceiver, the radio signal transceiver antenna and the electronic control device are enclosed within the first helmet as a self-contained waterproof unit.

17. (New) The sports and training communication system of claim 16, wherein the transmission source is a hand-held walkie-talkie.

18. (New) The sports and training communication system of claim 16 further comprising a second helmet, the second helmet including a second radio signal transceiver constructed and arranged to transmit and receive radio signals to and from the transmission source and the first helmet, and convert the received radio signals into an audible sound reproduced by the audio speaker.

19. (New) A waterproof sports and training helmet, comprising:

a waterproof audio speaker integrated into an interior of the helmet;

a waterproof audio microphone; and

a self-contained waterproof unit integrated into a rear portion of the helmet, the self-contained waterproof unit comprising:

a rechargeable power source;

a radio signal transceiver constructed and arranged to transmit and receive radio signals, wherein the radio signal transceiver is electrically connected to the waterproof audio speaker, the waterproof audio microphone and the rechargeable power source; and

an electronic control device including an on/off control, a volume control and a channel selector control, wherein the electronic control device further comprises at least one magnetic switch for controlling the on/off control, the volume control and the channel selector control.

20. (New) The waterproof sports and training helmet of claim 19, wherein the self-contained waterproof unit is coated in at least one material selected from a group consisting of plastics, resin and foam-like substance, such that, the on/off control, the volume control and the channel selector control are encapsulated therein.

21. (New) The waterproof sports and training helmet of claim 19, wherein the at least one magnetic switch is a reed switch.

22. (New) The waterproof sports and training helmet of claim 19, wherein the at least one magnetic switch is a hall effect sensor

23. (New) The waterproof sports and training helmet of claim 19, further comprising a magnet that is operationally coupled to the at least one magnetic switch.